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► Developer of
Islamic center near
Ground Zero may
revise his soaring
15-story vision
down to only four
► But some 9/11
families say size
doesn't matter

(page 02)

Mega mosque cut down to size



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Television

Spader's place at 'The Office'

► Insiders discuss the actor's
role in a post-Carell era at
Dunder Mifflin (page 15)

Pros, cons of a raw food diet

(page 16)

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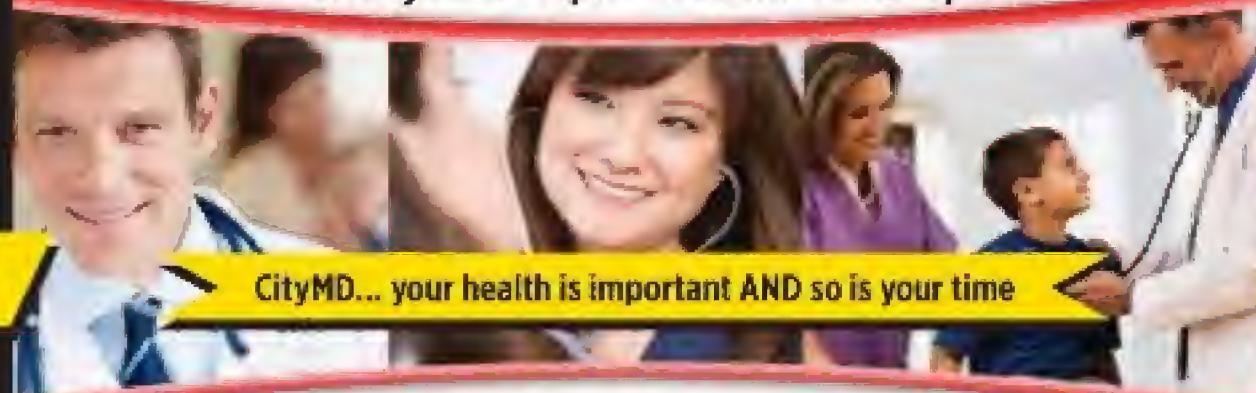
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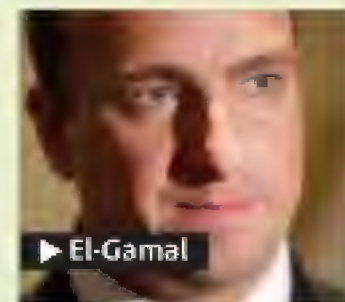
1

Developer rethinks unpopular mosque

► Sharif El-Gamal shares new plan for Park51 ► Seeks community's input — and dollars ► But opponents say mosque still has no place there



► This modern interior vision of Park51 may never be realized: Developer Sharif El-Gamal said he is starting from scratch on building the controversial mosque and community center.



► El-Gamal

Difficult to reach

NEW YORK. Despite El-Gamal's insistence that he'd like to work with the community to determine what type of structure they'd like to see at 45-51 Park Place, Community Board 1 chair Julie Menin said she has tried repeatedly to meet with El-Gamal, but to no avail.

"We have requested a meeting several times," Menin told Metro.

Menin said that, while the community board is not interested in structural blueprints, they are hoping to have input into the types of public activities the center offers.

"A tremendous number of young families need services, like classes, recreation and athletic centers," Menin said. **METRO/EAE**

"It's important that the community understand what's going on." MENIN

In the news

Peacock escapes from zoo

First a cobra, now a peacock. The bird escaped from the Central Park Zoo yesterday afternoon, according to DNAInfo. The peacock was perched on the fourth floor of 838 Fifth Ave. near East 65th Street for hours, attracting a hoard of onlookers. **METRO/EAE**

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RACHEL ZOE'S NEW LIPSTICK



No longer 15 stories. A new name. Severed ties with its original founder.

The controversial project known as the "Ground Zero mosque" is a far cry from its original vision.

"Everything was backward," lead developer Sharif El-Gamal, 37, told The New York Times. "We're going back to basics."

El-Gamal is prepared to scrap the proposed 15-story structural redesign of the Burlington Coat Factory building, depending on the community's input.

"If the community only wants four or five floors, it's going to be four or five

floors," El-Gamal said.

He's even recruited the aunt of a 9/11 victim to his advisory board.

But Barry Zelman, who lost his brother Kenneth in

the attacks, said he will not support a mosque so close to Ground Zero, whether it's four stories or fifteen.

"I believe they have the right to practice their reli-

Angry anniversary

Pamela Geller, the outspoken writer behind the conservative blog "Atlas Shrugs" has called for a protest on Sept. 11 near Park51. She's calling it the "9/11 Freedom Rally."

Opponents to the mosque will meet at 2 p.m. at Broadway and Park Place,



Geller announced, to oppose "this 15-story middle finger to America," as she calls it.

gion," said Zelman, 56, of Roxbury, N.J. "I still think it's in bad taste. I still question the location."

The mosque portion of the building has been rebranded "PrayerSpace." But it may be five years before the property undergoes any changes, as El-Gamal still needs to raise up to \$10 million. He has even severed ties with the project's original imam, Feisal Abdul Rauf. El-Gamal said the two had personality and philosophical clashes.

EMILY ANNE EPSTEIN
emily.epstein@metro.us

Cyclist crushed in Williamsburg

WILLIAMSBURG. A 29-year-old bicyclist was killed Monday morning after he was clipped and then

crushed under a delivery truck. The man was hit at 8:30 a.m. when he tried to pass a truck making a right onto Gardner Ave. The driver was not charged. **METRO/EAE**



► Bocelli

Tenor great at Central Park

MANHATTAN. Get your tickets while you can! International tenor legend Andrea Bocelli will perform a free

concert Sept. 15 in Central Park with the New York Philharmonic. The concert is intended as a gift to New York City, and free tickets will be distributed starting Aug. 4. **METRO/AB**

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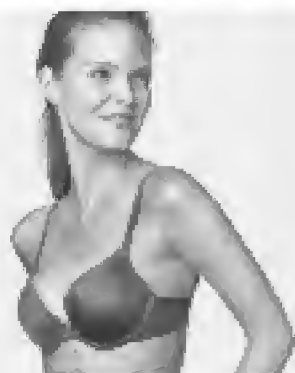
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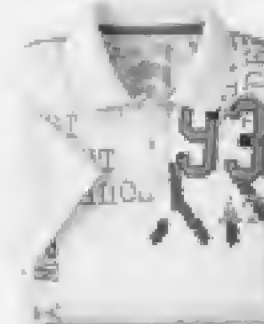
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Shark week: Predators circling city

We're smack in the middle of Discovery Channel's "Shark Week," and New Yorkers may be surprised to know just how many sharks can be found right off our own shoreline.

Chris Paparo, a shark-keeper at Atlantis Marine World in Riverhead, Long Island, said sand tiger sharks and thresher sharks regularly swim through city waters — in New York Harbor, off Coney Island and even right under the Statue of Liberty's nose.

"I'm not just talking about little fin sharks," he said. "I'm talking fairly large sharks."

In June, 18 basking sharks were spotted near

Local legend

In 1916, five shark attacks happened in 10 days near New Jersey's Matawan Creek, killing four people.

Westhampton. The sharks aren't a danger to people, but officials closed beaches anyway. Even great whites can be found off the coast of New York — but experts say not to fear their teeth.

"The chance of a shark attack is extremely low," said Aaron Rice, a marine life researcher at Cornell University.



ALISON BOWEN
alison.bowen@metro.us



► These sand tiger sharks were caught by fishermen near Jones Beach, and then transferred by employees to Atlantis Marine World aquarium in Riverhead.

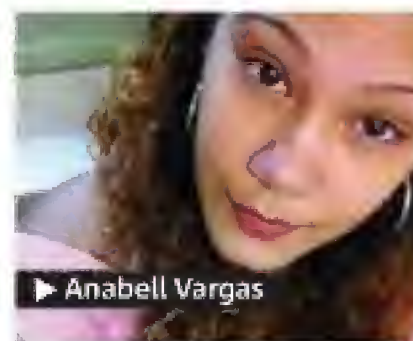
CHRIS PAPARO/ATLANTIS MARINE WORLD

Missing teen girl shows up at home

BRONX. A teenager missing for nearly two weeks in the Bronx arrived safely at home, her family said yesterday.

Anabell Vargas, 13, left her home in the South Bronx on July 22. Vargas, who had been feuding with her family, told her grandmother she was going to a public pool, but then disappeared.

The Daily News report-



► Anabell Vargas

ed that she called her aunt Monday to say, "Tell everyone I'm OK" — before hanging up. ● METRO/AB

Principal canned for white pride

BRONX. The head of a Catholic school was fired yesterday for his ties to white supremacist groups. Frank Borzellieri was canned as principal of Our

Lady of Mount Carmel School. The Daily News reported earlier this week that he had written a book labeling diversity a "weakness" and tried to ban a biography of Martin Luther King, Jr. A spokesman for the Archdiocese said Borzellieri's opinions were "incompatible" with the school. ● METRO/AB

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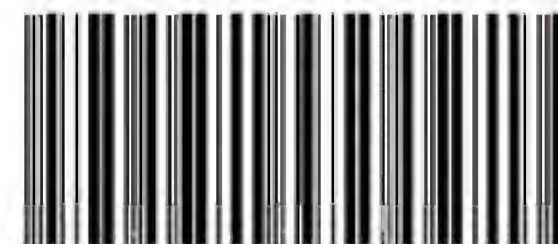
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No service: Of mice and subway riders

It's 7 p.m. on a steamy summer weekday and I'm on a platform in the Union Square subway station.

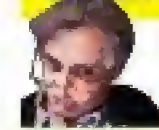
I need a 6 local train to take me to Spring Street in SoHo. While I wait, a half-empty downtown 4 express on the adjacent track pulls in. Then a half-empty downtown 5 express arrives right behind it. I look up the local track for my 6. Nada. Another 4 shows up. Then another 5.

That's four express trains I can't use, zipping through the station in about fifteen minutes.

Finally a packed 6 local pulls up. As I get on, the conductor announces that the train will be skipping several local stations — including mine.

In Voltaire's novella

Opinion



STEVEN DOLOFF

"What is the transit system's logic that makes local station commuters watch five roomy expresses go by to their single, jammed 6 train?"

"Candide," the main characters, who have all suffered various misfortunes, ask the "best philosopher in Turkey" why there is so much affliction in the world. His response is:

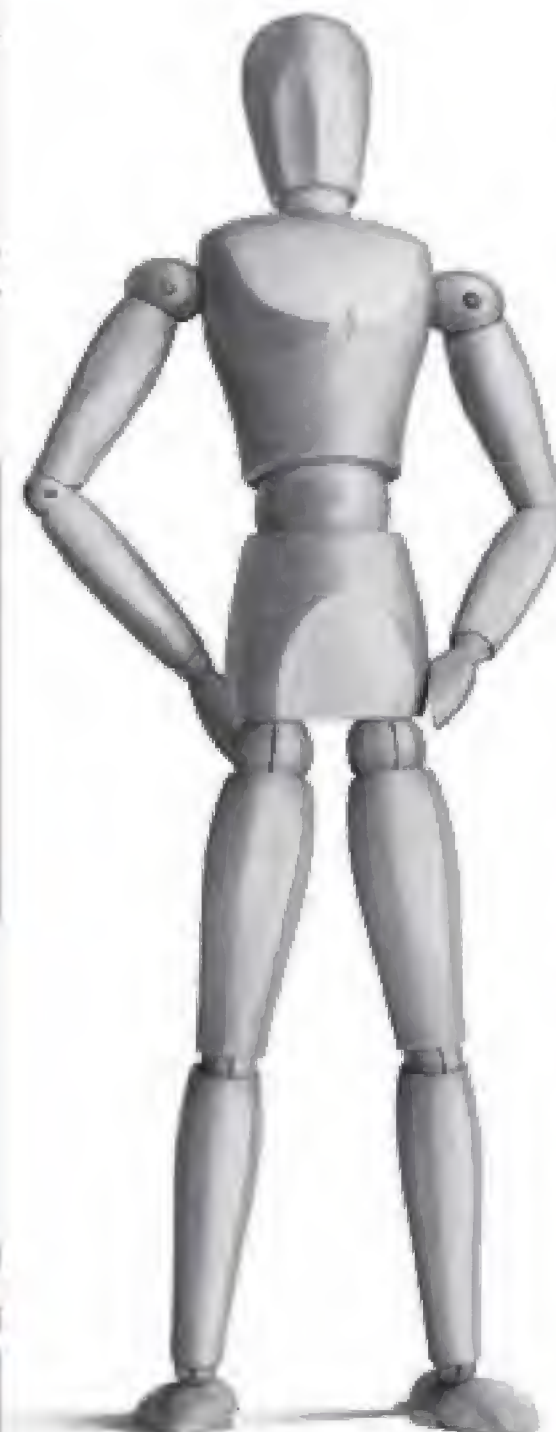
"When his highness sends a ship to Egypt, does he worry whether the mice on board are comfortable or not?" Or, in other words, in the grand scheme of things, the welfare of some groups isn't important.

So I'd like to ask the Transit Authority pool-bahs, whose grand scheme runs the trains, why are we, the local riders, the mice down here? I mean who else is on this ship anyway? Isn't it the mice's ship?

Oh, and there's no downtown 6 local service at all below 14th Street on the weekends.

— Steven Doloff teaches literature and writing at Pratt Institute in Brooklyn

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.



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Brooklyn Bridge Park's condo cash

By the numbers

\$360M

Total estimated cost for the park, which will stretch from Atlantic Avenue to Jay Street

\$237M

Amount the city and Port Authority have already spent or promised to spend on the park's construction

40K

Square feet trimmed from one of the high-rises after objections

► Plan OK'd to build high-rise units on park ground ► Bloomberg says the park needs the cash to expand

Brooklyn Bridge Park will be completed with the help of a cash infusion brought in by more high-rise apartment buildings erected on park grounds.

In a deal that was finalized yesterday, city and state officials agreed to allow additional private housing to be built in the park. The development will help provide funds badly needed to complete the popular park, say supporters.

Legislators who first opposed the city's plan to add more housing acquiesced to the compromise once the city agreed the high-rises

would be shorter and smaller than originally planned.

Planners also envision a skating rink, a year-round recreation area and tennis courts. Once completed, the now-25-acre park will eventually be expanded to 85 acres, taking over East River piers not currently being used. State Sen. Daniel Squadron also announced that the park will include a temporary pool for the next five summers, and a recreational "bubble" to make the park usable during the winter.

ALISON BOWEN
alison.bowen@metro.us



► This rendering shows how the 85-acre Brooklyn Bridge Park will look once it's completed.



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FCC report: Web speed improving

Broadband speeds on average are within 80 percent of what major Internet service providers advertise — a big improvement from two years ago, according to a government study.

The Federal Communications Commission studied cable, DSL and fiber-to-the-home services at 13 top U.S. broadband providers.

The agency found Verizon Communications's fiber network was best at meeting or exceeding advertised maximum download speeds, while Cablevision Systems was the worst.

Overall, the numbers were a big boost from 2009, when data-indicated download speeds were often

"This represents a significant improvement over the findings from two years ago."

GENACHOWSKI

about half of Internet service providers' maximum advertised speeds.

"Most major ISPs are providing service close to what they're advertising," FCC Chairman Julius Genachowski said.

During peak consumer usage hours when networks are busiest, actual download speeds varied from 114 percent to 54 percent of advertised speed. **REUTERS**

Health care. Women



► New standards issued by the Obama administration require new health insurance plans to cover women's preventive services without charging any fees.

Birth control now free

The U.S. Department of Health and Human Services has issued new guidelines ensuring that women will receive birth control and other preventive care for free. **MAINSTREET.COM**

Debt plan is now official

WASHINGTON. The United States stepped back from the brink of default yesterday, but congressional approval of a last-gasp deficit-cutting plan failed to dispel fears of a credit downgrade and future feuds over taxes and spending.

Senate approval on a 74 to 26 vote of the \$2.1 trillion deficit-reduction plan drove away the immediate specter of a catastrophic U.S. debt default.

President Obama immediately signed the bill into law. **REUTERS**

Pie-tosser jailed for attack

LONDON. A protester who threw a paper plate of foam at Rupert Murdoch during a parliamentary hearing into the News Corp. phone-hacking scandal last month was given a six-week jail sentence yesterday.

Jonathan May-Bowles, 26, a British comedian who uses the stage name Jonnie Marbles, pleaded guilty last week to assaulting the 80-year-old media tycoon.

He was also ordered to pay a victim surcharge and costs, the Press Association reported. **REUTERS**



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*\$2.50 1840 to 1929	*\$5.00 1839 to 1908	*\$20.00 1850 to 1893
*\$3.00 1854 to 1889	*\$5.00 1908 to 1929	

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\$5.00 1838D.....	Up To.....	\$10,500
\$5.00 1842C Small Date, 1861D, 1864S.....	Up To.....	\$5,500
\$5.00 1909O, 1929.....	Up To.....	\$6,500
\$10.00 1798 13 Leaves Below Eagle.....	Up To.....	\$20,500
1798 9 Leaves Below Eagle.....	Up To.....	\$8,000
\$10.00 1859O, 1863S, 1875.....	Up To.....	\$8,000
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— J. Goss

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— A. Davis

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— J. Stork

My service was exceptional!

— C. Stoney



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Will Sheen character be killed?

LOS ANGELES. Charlie Sheen's "Two and A Half Men" character will not on-



► Sheen

ly be killed off, he will be given a funeral when the TV series returns in September, according to entertainment industry website Deadline Hollywood.

The screen demise of Sheen — whose role on the TV comedy made him the highest-paid actor in Hollywood — follows his firing from the show after a vicious public spat earlier this year with "Two and A Half Men" co-creator and producer Chuck Lorre.

Now Lorre appears set to wreak revenge when the comedy returns with new star Ashton Kutcher in what Deadline Hollywood said is a secrecy-shrouded two-part season premiere that will be filmed later this week. **REUTERS**

Public blowout

Sheen was fired from the show in March after insulting Lorre in a bizarre series of interviews that followed months of drug- and drink-fueled partying and repeated spells in rehab.

- Kutcher — creator of the TV series "Punk'd" and husband to actress Demi Moore — was hired as a new character on the hit series.
- Sheen has signed a deal for a new TV series called "Anger Management."



► Although the study has far-reaching implications, more research is needed to determine whether the findings may have value in treatment of illnesses, according to researchers.

Feeling sad? Fatty foods can fix that

A sweet tooth might not be the only reason why we reach for ice cream and cake in times of stress.

Comfort from the consumption of fatty foods is not derived purely from the pleasurable sensory experience of eating, but also through gut-brain signaling, according to a study by scientists at the University of Leuven in Belgium.

The study used MRI scans to investigate the effects of fatty acids on emotion when directly injected into the stomach.

Scientists played mournful music and showed sad images to a group of 12 participants before giving half the group fatty acids

"Eating fat seems to make us less vulnerable to sad emotions."

LUKAS VAN OUDENHOVE,
LEAD RESEARCHER

through a feeding tube and a saline solution to the rest.

Without knowing which substance they received, the volunteers rated their mood on a scale of one to nine before and during scanning.

The results showed that those who were injected with fatty acids were only half as sad after watching the images and listening to the music as the participants who were given the saline solution. **REUTERS**

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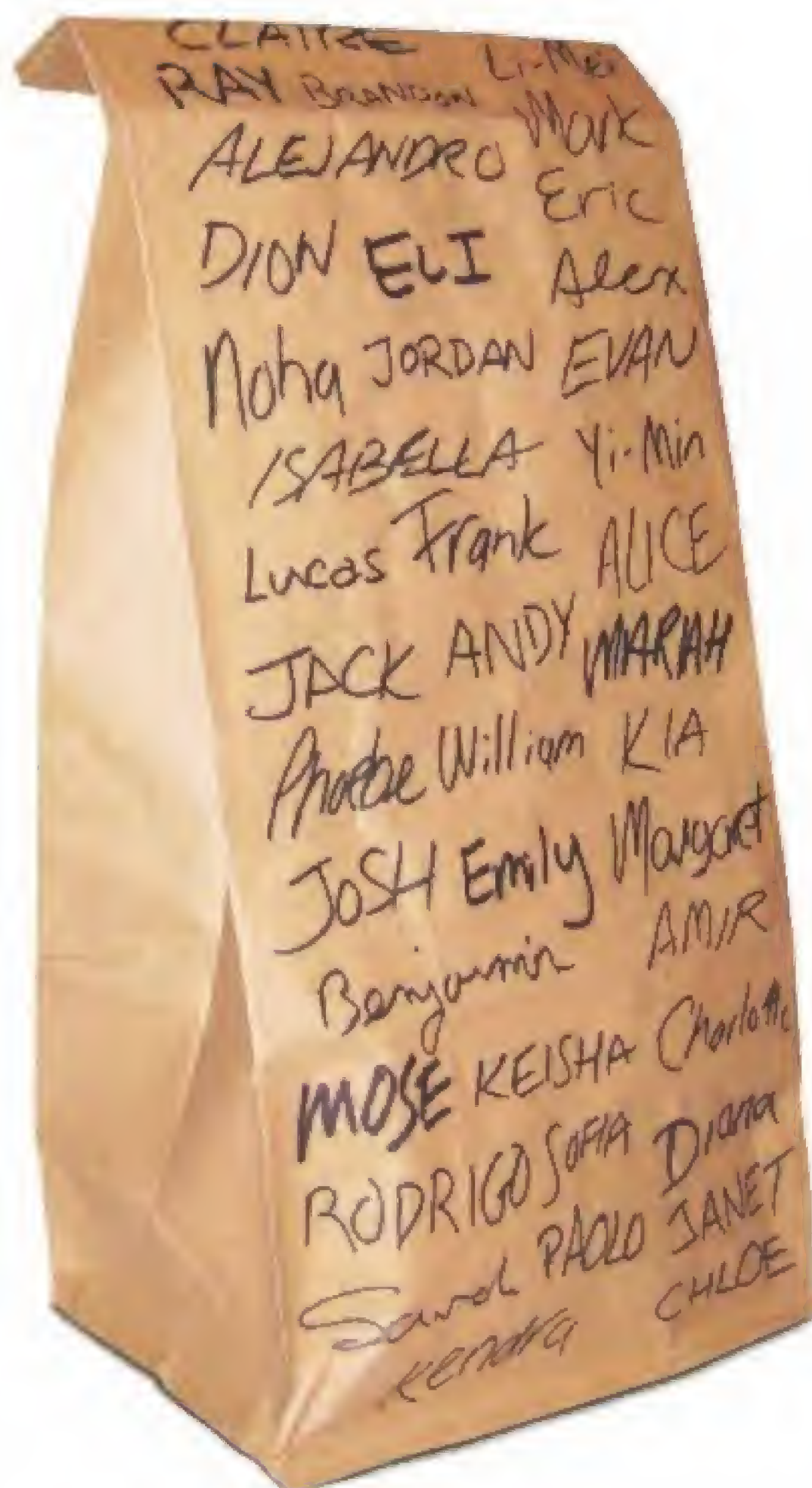
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THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or less.

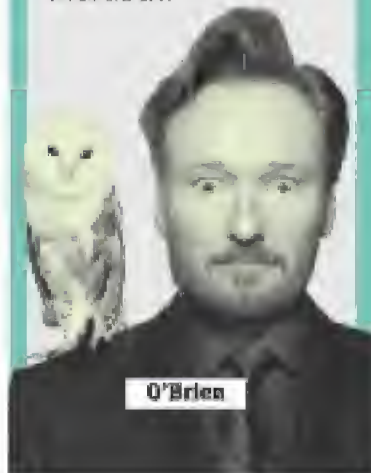
Today, Gwyneth Paltrow is getting impatient, Colin Hanks is staying up late, Kelly Osbourne is becoming a morning person and Conan O'Brien is feeling hacked.

► [@GwynethPaltrow](#)
Who do I have to bang to get an advance copy of the new [@coldplay](#) album? I mean, really.

► [@colin_hanks](#)
It goes without saying that if there is any kind of SNL retrospective on tv I will watch it. Sleep will just have to wait

► [@MissKellyO](#)
i have watched the sun come up for 6 days in a row i must admit i kinda like it!

► [@ConanOBrien](#)
Just in case, I start every phone conversation with, "You can hang up now, Rupert Murdoch."



O'Brien



► What's this all about? Ryan Reynolds and Sandra Bullock got all googly-eyed at the premiere of "The Change-Up" on Monday. Are they in love or are they better actors than we give them credit for?

A photo op for the ages

Does she know how to make an appearance or what? **Sandra Bullock**, a hot 47, surprised photographers and stars alike on the red carpet for the premiere of "The Change-Up" on Monday night. She showed up midway through the press interviews to snuggle up to **Ryan Reynolds**, 34, her co-star in 2009's "The Proposal." Reynolds, who was giving interviews alongside co-star **Jason Bateman**, broke free from reporters to greet her, per *People* magazine. The two exchanged a peck on the cheek and a hug.

Of course, having two

stars who have recently been through divorces (while dodging rumors of their own shacking up) popping up together in front of a bazillion reporters is all a ploy to generate interest in the fact that "The Change-Up" is opening this Friday. But still! This makes me hope that they'll get married and raise Bullock's baby and just be adequate but uninteresting actors together until end times. And is it just me, or is anyone else intrigued about "The Change-Up" now?

Damn you, marketing geniuses!

J. Lo still believes in love

Jennifer Lopez is opening up about her divorce from husband **Marc Anthony** and what led to their breakup. "This was the hardest decision I've ever had to face. I really wanted this family to work,"

she tells *Vanity Fair*, adding that getting her career back on track played a major role in the breakdown of their relationship. "We had the first three years of our marriage just for us. I

wasn't working, it was mainly about him. Then we got pregnant. Then it became about the kids. And then I started working again," she says. Still, Lopez hasn't given up on finding love again.

"Sometimes it doesn't work, and that's sad. But I remain an eternal optimist about love. I believe in love."

The institution of marriage? Well, that's a whole different ball game.

Talking points

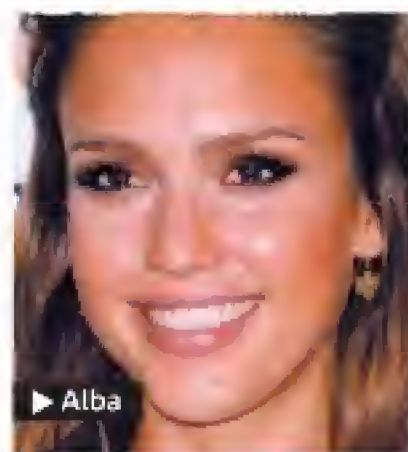
Ryan Phillippe, baby daddy?

Whether or not **Ryan Phillippe** is the biological father of ex-girlfriend **Alexis Knapp**'s newborn daughter is still up in the air, but the baby's last name seems to suggest he is. On the baby's birth certificate, her last name is listed as "Phillippe Knapp," according to *People* magazine, though the section listing the girl's father was left blank. Phillippe has previ-

ously indicated he's ready to take responsibility for the girl should tests prove he is the father.

Sam Ronson busted for DUI

Samantha Ronson, **Lindsay Lohan**'s ex-girlfriend, was reportedly arrested for driving under the influence Monday morning. The celebrity DJ was heading back to L.A. after a gig in Las Vegas when she was stopped for speeding at 10:30 a.m., according to TMZ. "She was given a field sobriety test and didn't perform well,"



Alba

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WORD BLOG

a source says.

DiCaprio is a rich, rich man

Leonardo DiCaprio has topped the *Forbes* magazine list of highest-paid actors, bringing in a reported \$77 million in 2010. He did well on his two big releases last year, "Inception" and "Shutter Island," earning an initial fee of around \$15 million per film plus shares of each movie's profits. Coming in second is **Johnny Depp**, who earned \$50 million thanks to "Alice in Wonderland" and "The

Tourist." **Adam Sandler** (\$40 million), **Will Smith** (\$36 million) and **Tom Hanks** (\$35 million) round out the top five.

Alba enjoys getting old

Jessica Alba says she's thrilled about getting older, since her younger days were no picnic, she tells *Hollyscoop*. "I like who I am now," Alba says. "I had so much bizarre inner turmoil, weird stuff in my head, questioning things, trying to find my way, navigate with acting and myself as a person, a woman."



Singers, a few lovely ladies (and even a wax one)

1: Kelly Rowland and Beyoncé attended the exclusive listening event for "Watch The Throne," a new release by Jay-Z and Kanye West (available on Friday) at the American Museum of Natural History on

Monday in New York.

2: Sissy Spacek celebrated getting her own Hollywood Star on Monday.

3: Leslie Mann and Olivia Wilde posed at the after-party for the premiere of "The Change-Up" at the Hammer Museum on Monday in Los Angeles.

4: Elle MacPherson arrives at the NBC Universal TCA 2011 Press Tour All-Star Party at the SLS Hotel on Monday in Los Angeles.

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5: Singer Josh Groban leaves a "Live With Regis And Kelly" taping on Monday in New York.

6: Matthew Morrison of "Glee" performs at the Beacon Theatre on Monday in New York City.

7: Paul "Pauly D" DelVecchio on the set of "Jersey Shore" on Monday in Seaside Heights, New Jersey.

8: Even her wax figure gets hit on: Potential suitors woo a waxwork figure of a newly single J. Lo at Madame Tussauds New York on Tuesday in New York City.

1. KEVIN MAZUR/WIREIMAGE
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myentertainment

TV watch list

'Truck Stop Missouri'

REALITY. Some people pull over at rest stops to fill the gas tank and grab a bite to eat. Others take a break at Midway Truck Stop near Columbia, Mo., to get a tattoo. Twelve businesses (including a fireworks stand and antique shop) make up this oasis for the road-weary, who, along with the employees of Midway, are the focus of this new series.

Series premiere, 10 p.m., Travel Channel

'How Sharks Hunt'

REALITY. According to "Jaws," they seem to go after skinny-dippers and young boys. But Shark Week might give us another answer. 9 p.m., Discovery

'Royal Pains'

DRAMA. Julie Benz guest stars as a HankMed patient suffering from scurvy. And no, she does not play a pirate. She plays a lesbian farmer. 9 p.m., USA **AMBER RAY**

Act of love struggles on an East Village stage

"Transcending Form," a muddled dance theater piece by John Byrne playing one night a week downtown, is formed through a friendship between Byrne and David LaChapelle, a celebrity photographer and director who made the 2005 krumping documentary "Rize." LaChapelle's art mashes up contemporary and classical material, and Byrne's piece mashes up gratuitous nudity, dated interpretive dance and mime — as well as awkward attempts to include LaChapelle's images onstage by printing them on life-size swatches of fabric hung on a clothesline. Wildly mismatched performers, ranging from experienced modern dancer Debra Zalkind to green newcomers of all shapes and sizes, act out an obscure plot involving masks worn atop other masks, Latin-soul singer Gina Figueroa, angels and naked boys.

The title gives the game away: form is the essence of time-based art, and Byrne, an alum of the Paul Taylor



▶ "Transcending Form" plays Wednesdays at Theatre 80.

If you go

John Byrne
"Transcending Form"
Wednesdays through
Aug. 24, Theatre 80
80 St. Mark's Place, \$15
www.theatre80.net

Dance Company, has little sense of how to manage the formal demands of an hour-long show, let alone transcend them.

If you really want to experience LaChapelle's artwork, go to the lobby of the

Lever House, where Byrne's dancers performed with and around an installation of his pieces until the building management cancelled the shows last month. Enormous paper chains printed with his trademark nudes, a huge collage and window circles made of photographic stickers of the same nudes surrounded six performers; the performance was much more interesting than the one in the theater.

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Spader 'perfect' as new boss on 'The Office'

NBC was left with a big hole to fill in its Thursday night lineup this fall — and we're not talking about finding a replacement for the canceled "Outsourced."

Steve Carell's departure from "The Office," ending his tenure as Dunder Mifflin manager Michael Scott last season, will require major tinkering to the series. James Spader has joined the cast to pick up some of the slack, and his addition is something Robert Greenblatt, chairman of NBC Entertainment, is cautiously ecstatic about.

"My expectations are always very measured so that we can under-expect and hopefully over-deliver," Greenblatt told journalists on Monday when asked about his long-term thoughts on the series. "'The Office' is very impor-



► James Spader stars as Robert California on "The Office."

READ MORE ONLINE

THE TELEVISION CRITICS ASSOCIATION PRESS TOUR, A MEETING OF JOURNALISTS AND NETWORKS TO PREVIEW NEW AND RETURNING SERIES, KICKED OFF WEDNESDAY. FOLLOW OUR COVERAGE ONLINE AT WWW.METRO.US/TV AND ON TWITTER: @AMBERATMETRO.

tant to us. It's our No. 1 show in all kinds of demos. Shows go through transitions as they age, and I think losing Steve is one of those," he says.

The transition on set so

far, however, has been smooth. "I was at the first two episodes' table-reading a couple weeks ago," Greenblatt says, "and I think James Spader is completely different than Steve, his own iconoclastic kind of acting style. I think he's the perfect fit in that mix."

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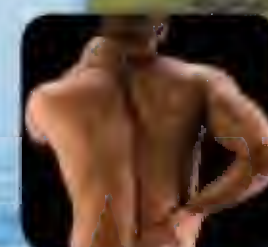
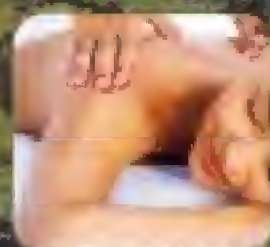
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Is going raw right for you?

- The raw food diet brings eating back to basics
- Benefits and drawbacks of uncooked meals

The summer heat may be inspiring you to give your stove a break — but could you give up cooked foods for good? Proponents of the raw food diet say you can and should.

The raw food diet comprises unheated foods and foods heated to no more

"There's no question in my mind that this is the way man was meant to eat."

BRIAN CLEMENT, PH.D.

than 115 degrees. Advocates of the diet claim that it

wards away cancer, diabetes and other health problems, because powerful enzymes that aid in health are not destroyed through cooking.

"There's no question in my mind that this is the way man was meant to eat," says Brian Clement, Ph.D., the co-director of Hip-

pocrates Health Institute, which incorporates a raw food diet to support the healing of its patients. "It's not magic, it's chemistry we're talking about."

But not everyone is touting the diet's benefits.

"Scientifically, there isn't a lot of evidence that supports the benefits of a raw food diet above and beyond what a healthy vegan or vegetarian diet would offer," says Monika Saigal, a registered dietitian. "There are some nutrients that are actually more available when foods are cooked."

Saigal also says that going on the diet takes work.

"I think for the majority of the population, it's very difficult to meet your nutritional needs on a raw foods diet. It takes a lot of time and preparation to make sure you're getting the nutrients you need," she says.

If you think the diet is right for you, Clement first recommends reducing your intake of meat and dairy, and then going totally raw on a gradual basis.

"You don't have to take this lock, stock and barrel," he says. "Take your time, and it's so easy to do."

MEREDITH ENGEL
meredith.engel@metro.us



► Yes, you can eat more than celery on the raw food diet!



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Taxicab date etiquette

► Being a New Yorker comes with its own set of etiquette rules, including how to share a cab with your date ► What you need to know before hopping in

Everyone knows it's polite to open the car door for your date — and we hope that everyone knows it's a nice touch when women remember to do this, too. But what happens if you live in a city where you're more likely to take a cab? If you hold the cab door open, your date will be forced to scoot across the entire back seat to make room for you. Not so polite now, huh?

So here's some taxicab etiquette for you: Open the door, close it behind your date, and then walk around the other side to get in. Note to slow walk-

Bedfellows



EM & LO

EMandLO.COM

ers: Impatient taxi drivers and busy city streets may cause you to lose track of your date during this maneuver. In this case, either say "I'll get in the other side" to avoid any confusion — or simply get in the backseat first and scoot across. (People who don't read this column may think you're being rude, of course, so you

might want to explain yourself the first time you do this.) If you're lucky enough to be treated to some proper taxicab etiquette, it's a nice gesture to lean over and open your date's door from the inside. Consider it the urban equivalent of unlocking the driver's side door after you've been helped into the passenger seat.

However busy you get, the most important rule of etiquette is this: Tip your driver!

Em & Lo's latest book is "SEX: How to Do Everything." Visit EMandLO.com for your daily dose of sex, love and everything in between.



► It's the little things, like good taxi etiquette, that'll make your date remember you for all the right reasons.

In the backseat

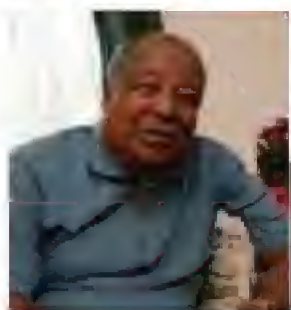
Need a reason to practice good taxi manners?

Because you're more likely to get lucky once you're inside the cab if you do. But getting busy has its own code of etiquette, too. We think limiting yourself to some sneaky handwork is the decent thing to do; unless, perhaps, one of you is already lying down resting your head in your partner's lap. But make no mistake, the cabbie totally knows what you're up to. (But isn't that kind of the point?) For something a little more full-on, consider renting a limo with a privacy screen instead — it'd be just like prom night but without all the teen drama and bad hairdos.

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WEDNESDAY, AUGUST 3, 2011

mywellbeing

Today in medicine

'Stayover' relationships

Study subjects: Committed young, unmarried couples
Location of study: U.S.
Results: MSNBC reports one study's findings that "stayover relationships represent a general trend that young people want to delay permanent relationships because they want to finish their education and pursue other goals."
Significance: The study concluded that there was no evidence "of any long-term consequences of stayover relationships."

Chewing food and obesity

Study subjects: 16 obese young men and 16 young men of normal weight
Location of study: China



► More and more couples are embracing stayover relationships.

Results: The International Business Times reports that a new study published in the American Journal of Clinical Nutrition found that study participants "who chewed about 2.5 times more than the typical 15 times caused them to eat almost 12 percent less calories."

Significance: This falls in line with the theory that satiety takes time to have impact on the brain and that eating slowly means people are less likely to overeat.

Colon cleansing

Study subjects: Adults using various colon-cleansing methods

Location of study: U.S.

Results: ABC News reports that a Georgetown University study has found colon cleansing ineffective in treating disease and concludes it might even have adverse side effects, particularly when using hydrotherapy.

Significance: Many doctors

advise that colon hydrotherapy is an invasive procedure and should be used with caution. Undergoing colon cleansing or hydrotherapy is not the same as undergoing a colonoscopy, a routine medical test for middle-aged adults.

New gene linked to asthma

Study subjects: African-Americans

Location of study: U.S.

Results: Medical News Today reports: "Geneticists in the U.S. have identified a new gene uniquely linked to asthma in African-Americans; a variant of the gene called PYHIN1 that is absent in European Americans."

Significance: The article quoted the study results as "a significant advance in a national effort to locate the genetic roots of asthma."

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mywellbeing

Diet

New breads on board at Subway

We've always enjoyed stopping at Subway for a quick, on-the-go lunch — and now we have even more reasons to love the popular sandwich chain: All of its 6-inch and foot-long breads are now fortified with calcium and vitamin D, giving a 6-inch sandwich the nutritional equivalency of a glass of milk. The move comes on the heels of the chain's decision to lower the sodium of its Fresh Fit sandwiches by 28 percent and its national menu by 16 percent. We'll eat to that! **MEREDITH ENGEL**



Fitness



► Practice pilates at re:AB.

Workout deal for New Yorkers

If you're into pilates — or always wanted to be — now's your chance to take advantage of the SpaRahRah! Pilates Week promotion from Spafinder.com. For \$75 you can get one private

session and four group classes at re:AB Pilates (regular price: \$184), led by the lean, leggy Brooke Siler. Not having too much pilates experience ourselves, we did a one-on-one with Siler in her Bleecker St. studio and were very impressed with the "good soreness" we felt the next day. For more information, visit www.spafinder.com/sparahrah. The offer expires tomorrow.

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| <input type="checkbox"/> I have a large bump behind my big toe (bunion) which is always red and enlarged. | <input type="checkbox"/> My ankles are swollen most of the time. |
| <input type="checkbox"/> The sides of my toenails dig into the skin and hurt. | <input type="checkbox"/> I have numbness and burning in the area of my 3rd and 4th toes when wearing shoes. |
| <input type="checkbox"/> I have corns on my toes which get thicker no matter what shoes I wear. | <input type="checkbox"/> My feet just hurt all over when I stand or walk a lot. |
| <input type="checkbox"/> My toes aren't straight—they are all bent and rotated. | <input type="checkbox"/> My toenails are streaked, discolored and thickened. |

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WEDNESDAY, AUGUST 3, 2011

mywellbeing

Fitness

Schedule

7 a.m. Running 101 + More
8 a.m. Open Level Yoga

9 a.m. Cardio Boot Camp
10 a.m. Mommy & Me Yoga
(in children's playground)

Just because the kids are on summer vacation doesn't mean your workout should be too. This Thursday and next, head to the South Plaza in Union Square for free fitness classes hosted by experts in a variety of disciplines. At 7 a.m., take a running class led by Guinness world record-holder and "Amazing Race" competitor Terence Gerchberg (inset). Looking for a more chill way to start the day? lululemon athletic hosts an open-level yoga class at 8 a.m. If you really want to amp yourself up in the morning, there's a cardio boot camp class at 9 a.m. Moms can bring their kids to Mommy & Me yoga in the children's playground at 10 a.m. For more information, visit www.unionsquarenyc.org.



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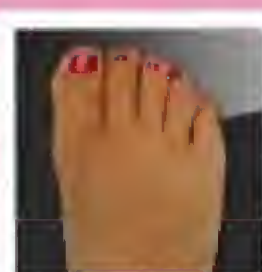


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Before



After



Before



After

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Atheism is not a religion

RE: "ATHEISTS LACK CONSISTENCY": Not all atheists object to the cross at the Ground Zero museum. More importantly, though, the allegation that atheists are completely silent while "mandatory Koran reading" is going on in schools is misleading. I was able to find just one story after some quick Googling, in which the University of North Carolina at Chapel Hill assigned a book describing the earliest 35 suras. From what I can tell, this is not teaching the Koran as revealed truth, it's an attempt to

help students understand Islam. **TURNER HAYES, VIA E-MAIL**

The WTC Cross belongs at the 9/11 museum, as part of an inclusive, historical display. However, museum organizers are treating the cross like a Christian icon rather than a cultural artifact.

ZACHARY W. BOS, VIA E-MAIL

This cross-raising on public property may or may not rise to a church-state separation violation, but there is a stench in the air over a religious symbol erected and feted as such on public property.

MICHAEL MEYERS, MANHATTAN

Discrimination runs both ways

RE: "JUAN WILLIAMS' BATTLE FOR AN 'HONEST DEBATE'": I don't understand how Juan Williams can claim that no one should be discriminated against while also stating his fear when seeing women and men in traditional Muslim garb in airports.

MIRANDA COHEN, VIA E-MAIL

Washington not a jobs creator

RE: "WHICH SIDE CAN YOU TRUST?": Unfortunately we cannot trust either party to create jobs. Jobs

are not created by the government. Increased government spending takes money from the private sector. The money does not find its way back to the people, it stays in Washington.

KELLY DONNOE, LYNNBROOK

Government has sold us out

RE: "DEBT-LIMIT DEAL DONE": The \$900 billion raise in the debt ceiling will not even last one year. Every dollar we go further into debt means that the Federal Reserve and Goldman Sachs make more money. Most U.S. administrations are full of ex-Fed and Goldman Sachs employees. Your elected officials have put in question the sacrifices of those who died to protect this nation.

JOSEPH DUPONT, VIA E-MAIL

Horoscope

♌ Leo July 23-Aug. 22. Although at times you might build upon the thoughts of others, no one will accuse you of trying to take credit for their ideas. What you come up with will be extremely novel and unique.

♍ Virgo Aug. 23-Sept. 22. The respectful manner in which you treat the property of others will not go unnoticed. You'll not only handle things with great care, but also return them polished and restored.

♎ Libra Sept. 23-Oct. 23. You won't hesitate to make compromises or concessions in order to placate a friend of long standing. Once you start to yield, so will your pal.

♏ Scorpio Oct. 24-Nov. 22. Because you're apt to be quite innovative and imaginative, you could be a bit impatient if you think something is holding you back. Remain calm.

♐ Sagittarius Nov. 23-Dec. 21. Even luck has its limitations, so don't press yours beyond a reasonable amount. Hopes can be realized through patient proceedings, not through magical maneuvers.

♑ Capricorn Dec. 22-Jan. 19. It might be wise to try to keep relatives and in-laws out of your personal affairs if you can. Even though they might only be trying to help, they could

still gum up the works for you.

♒ Aquarius Jan. 20-Feb. 19. In trying to give aid, a friend might try to cover for you by telling another not what you really said, but what she thinks you should have said.

♓ Pisces Feb. 20-March 20. To your credit, instead of worrying about what you might have lost, you'll balance out any losses on apples by finding a way to pick up some gains on peaches.

♈ Aries March 21-April 19. Even though your independence means everything to you, you'll enjoy getting closely involved with another for a common cause. Of course, you might want to run the show.

♉ Taurus April 20-May 20. One of the things you do best is be remarkably productive when on a roll. You can expect to accomplish quite a bit.

♊ Gemini May 21-June 20. You can't help but be attracted to anything or anyone who is exciting and different. Should you run across such a person, take care you don't neglect your old pals for the new discovery.

♋ Cancer June 21-July 22. Your instincts are rather remarkable, which could be a blessing for you if you are involved in some kind of negotiations that require an understanding of dollars and cents.

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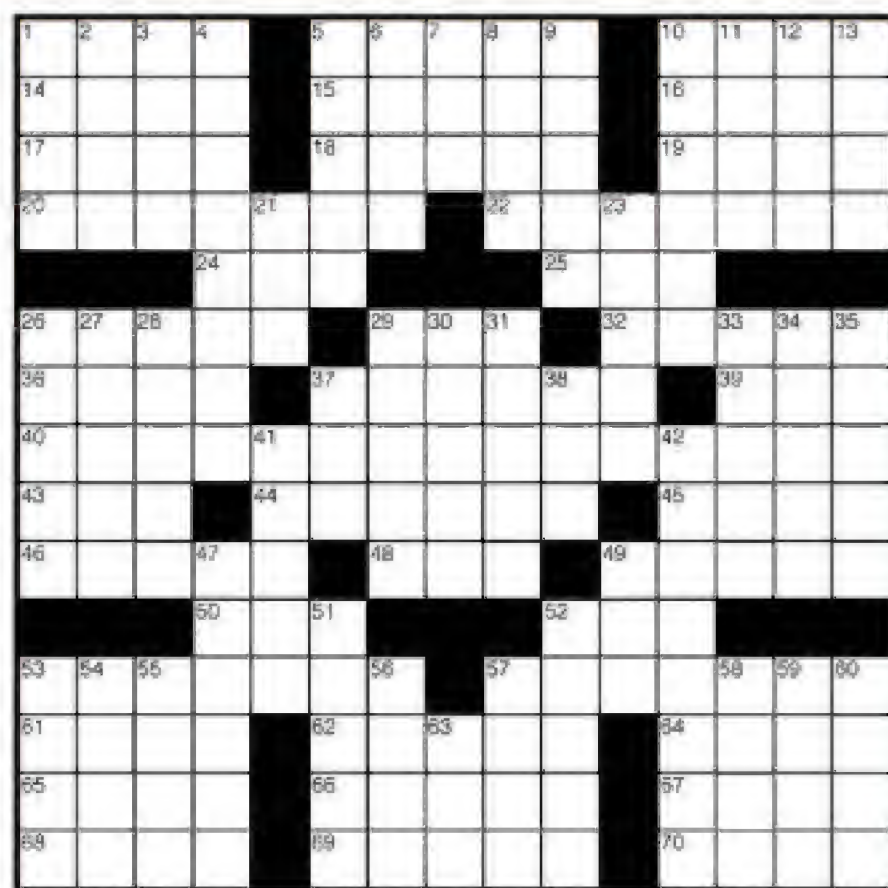
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Across

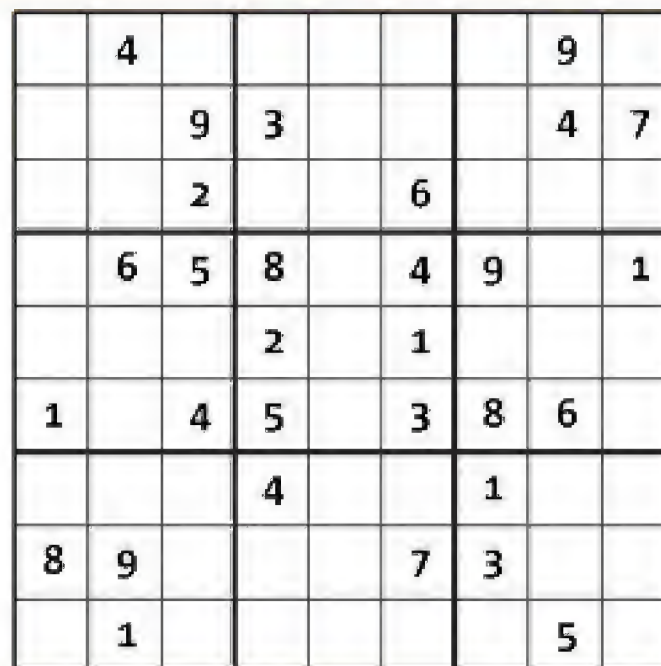
- 1 Wild guess
5 Top level
10 Earned
14 "Dancing Queen" band
15 Flu symptom
16 Bard's river
17 Secular
18 Vietnam capital
19 Name in blue jeans
20 Hiked
22 Took on again
24 Mournful
25 Harmless lie
26 Thin, as clouds
29 Mr. Hurok
32 Seattle's Sound
36 Debate side
37 Penny-pinch
39 "Norma ____"
40 It makes things shine (2 wds.)
43 Aunt, in Madrid
44 Floating downriver
45 Helm position
46 Arrange, as hair
48 Ques, opposite
49 Public sentiment
50 Ballpark figure
52 Violin part
53 Type of hut
57 Small aperture
61 Math course
62 Silky fiber
64 Exiled Roman poet
65 Wight or Capri
66 Conjecture
67 Renown
68 Pull ahead of
69 Organic compound
70 Custard dessert

Down

- 1 Cellar contents
2 Skier's transport (hyph.)
3 Irish Rose's guy
4 Golf term
5 Longed for
6 Warty critter
7 Large cask
8 Mr. Stravinsky
9 Main
10 Beach near L.A.
11 Declare
12 Went headlong
13 Novelist Bagnold
21 Boastful knight
23 River horse
26 Blows gently



- 27 Aleut language
28 Runaway cat
29 Cousteau invention
30 Sen. Hatch
31 Encumbrances
33 Metal grate
34 Loosens, as a grip
35 Giggie (hyph.)
37 R-V connector
38 Sticker stat
41 Inventory list
42 Dismiss as trivial (2 wds.)
47 Sword thrusts
49 Corral
51 Tea variety
52 Cheapskate
53 Handy swab (hyph.)
54 Bear constellation
55 Rembrandt paintings
56 Collects maple sap
57 Johnnycake
58 Pecan shape
59 Peru's capital
60 Jeannie, portrayer
63 Cherry seed



SUDOKU LEVEL: EASY

Solution to yesterday's crossword



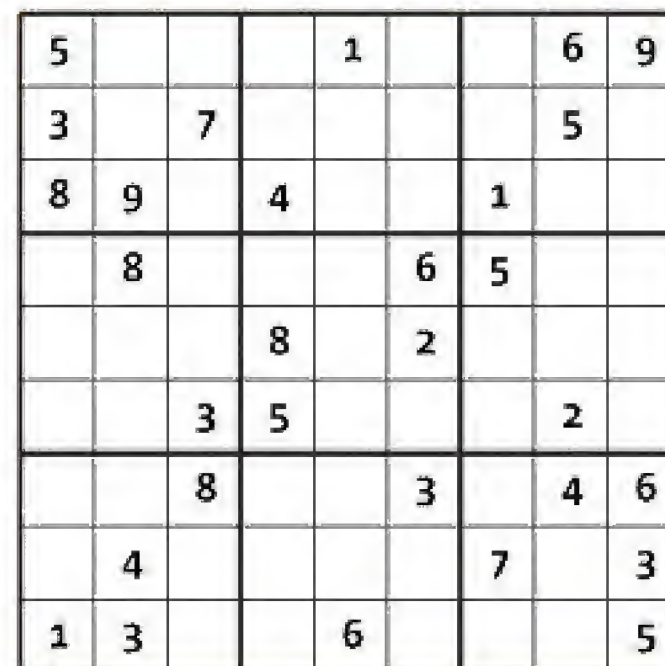
How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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In the news



Santana heads to see doctor

As far as comebacks go, this was extraordinarily short.

Mets' ace Johan Santana will skip his next rehab start to see a doctor about "lingering pain" in his shoulder. He could still return, but it appears unlikely.

● METRO

Now what, Mr. Wang?



► Nassau County residents shot down new arena ► Is it the beginning of the end for Islanders in Long Island? ► Metro looks at what comes next

It was just after 11:30 p.m. Monday night when Nassau County Executive Ed Mangano and New York Islanders owner Charles Wang began the unpleasant task of walking to the room where media, business and union leaders and grass-

roots employees waited for them to publicly acknowledge what was already known.

The grim looks etched on Wang's and Mangano's faces reiterated the evident — Nassau County residents would not allow their tax dollars to be used to build a new arena.

The reaction from residents to Mangano's \$400 million arena plan was overwhelmingly negative.

Fifty-seven percent of the 1,158 votes cast Monday were against Mangano's publicly funded Nassau Coliseum. With results from



"We will find a path that brings people together. I am so confident that we will find a way."

ED MANGANO, NASSAU COUNTY EXECUTIVE

two precincts remaining to be tabulated, the gap between votes against and for the arena was 21,560.

Conciliatory after the defeat, Mangano said "we will find a path that brings people together. We have suffered for 10 years not being able to come together. I am so confident that we will find a way."

Mangano and Wang are concerned about the future viability of Nassau County as a public and private sector region and an area to raise families if the Islanders leave. Equally as important to Wang, is what

will happen to the Islanders?

Wang has repeatedly stated he will honor the lease that keeps the team in the Nassau Coliseum until 2015. But he's also said he'll consider options.

Those could include selling the franchise or relocation. Wang didn't comment on that Monday.

"We have a season to concentrate on with a team that is bursting with a young corps of talent," Wang said.

● DENIS GORMAN
sports@metro.us

Isles' options

Metro looks at where Charles Wang and the Islanders could move. Here are the top 4 most likely:

- 1 Long Island**
Technically this isn't moving, but staying on the island is what Wang wants most. They'd just need to find a third plan — and get it to pass a vote.
- 2 Willet's Point, Queens**
Reports last year indicated Mets COO Jeff Wilpon was interested in building an arena across from Citi Field. Wilpon's money woes may preclude this option.
- 3 Barclays Center, Brooklyn**
The Nets' new home could use another tenant. Reportedly it isn't designed for hockey, but would be a great spot.
- 4 Kansas City, Mo.**
The scariest option. Wang has looked here in the past, however.

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Rookie Wilkerson making impact early in training camp

Quarterback Mark Sanchez has been the only rookie to start a season opener for Rex Ryan. Now, Muhammad Wilkerson appears ready to do the same.

Ryan said that Wilkerson is the "starting defensive end right now" after practice yesterday.

"Right now, I can't really think about starting," Wilkerson said. "If I'm on track to be the starter then

so be it."

Wilkerson has been the buzz of training camp. He's the ideal, big-bodied pass rusher Ryan needs off the edge in his 3-4 defense. At 6-foot-4, 315 lbs., Wilkerson has the size to clog things up in run defense and long arms to fill up passing lanes. The Temple product is already earning rave reviews from the coaching staff after one day in pads. During Mon-

day's afternoon session Wilkerson lined up along the right side of the defensive line and drew the attention of the veterans on defense.

His performance was even more noteworthy given that he was going against one of the league's top left tackles — D'Brickashaw Ferguson.

"He's a big, powerful guy," linebacker David Harris said. "He's got a big upside." **KRISTIAN DYER**



► Wilkerson



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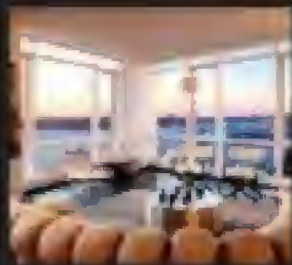


Market watch



CHEAPEST
\$229K

321 E. 43rd St.
The cheapest unit listed this week is a studio at 321 E. 43rd St. The co-op, with a separate, windowed kitchen and walk-in closet, is listed by Prudential Douglas Elliman for \$229,000.



PRICIEST
\$17.995M

200 Chambers St.
The most expensive listing on the market is a penthouse condo at 200 Chambers St. The four-bedroom unit, designed by an Italian billionaire who passed away before moving in, is listed by Platinum Properties for \$17.995M.

STREET EASY

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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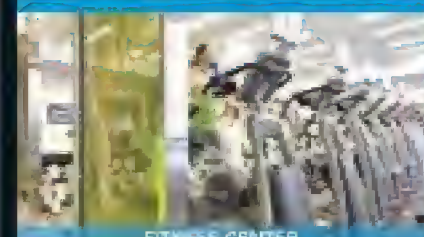
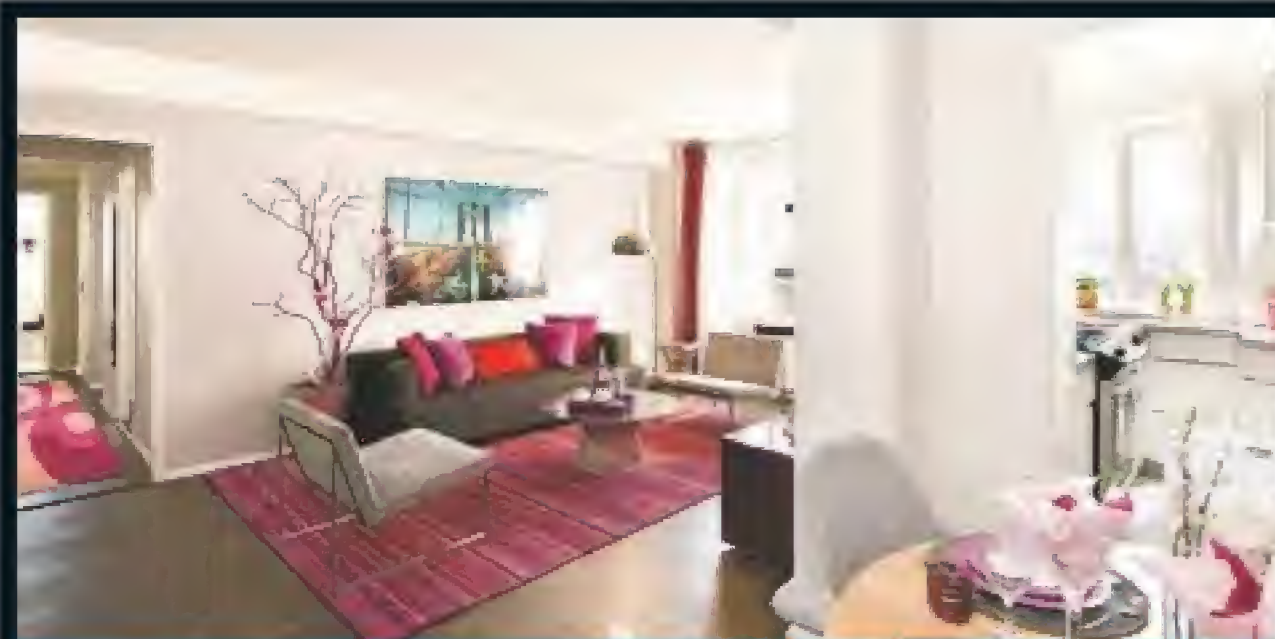
Peter Cooper Village offers the ultimate Manhattan experience—just steps from the City's most dynamic neighborhoods; an exquisitely landscaped 80-acre private park, offering residents premier services and amenities. Experience the best restaurants, shopping, and entertainment that Gramercy, Union Square, and Flatiron have to offer; or stay home and enjoy a wide array of social events, the seasonal greenmarket, live music, movies, and food fairs, or play on one of the many athletic courts, including: basketball, bocce, and paddle tennis.

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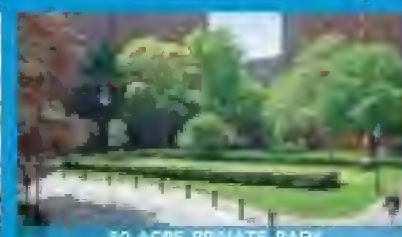
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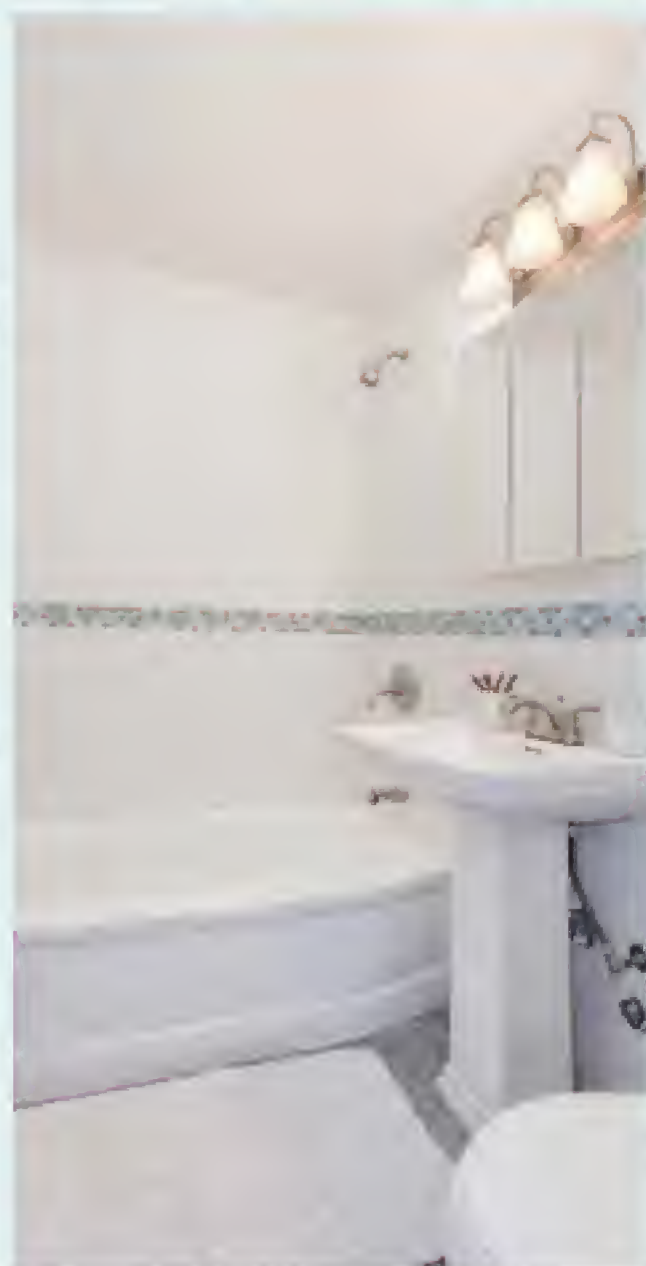
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FORT TRYON



Located in the heart of Hudson Heights is one of Manhattan's best kept secrets, Fort Tryon Gardens. Fort Tryon Gardens is a Co-op Building nestled on the west side of Manhattan on picturesque Bennett Avenue. The property is surrounded by lush gardens and is steps away from historic Fort Tryon Park. This 66 acre scenic park was a gift to the city by John D. Rockefeller in 1917 and is home to The Cloisters Museum. Its gorgeous views of the Hudson River and the Palisades will take your breath away.

Each unit here at Fort Tryon Gardens is turn key ready. The units are completely renovated to include: Gorgeous hardwood floors, crown molding, granite countertops, stainless steel appliances, and more. A variety of floor plans to choose from ensures each resident a unique style sure to suit any designing aspiration. All rooms have large windows revealing the alluring views of the landscaped courtyards.

The property is centrally located to all forms of transportation. Directly across the street on Bennett Avenue is the entrance to the A express train, and the 1 local train is only one block away on Broadway. Each building has two entrances on both sides of the property making access to Broadway or Bennett Avenue very accessible. All major highways and the George Washington Bridge are just minutes away. There are also a few bus lines within close proximity to the property.

With no board approval, purchasing a Co-op has never been easier. This is city living with a suburban feel. Have the conveniences of the city at your fingertips but the serenity and peacefulness of the suburbs right outside your window. Come see what Fort Tryon Gardens has to offer, you'll be pleasantly surprised.

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► 1: SLEEK AND SMOOTH

No blades means Dyson's minimalist pedestal fan doesn't trap dust while it generates a super-smooth, even breeze. **\$450, www.dyson.com**

► 2: GO RETRO

We love this cheeky little retro model in preppy pink, but it's available in 10 other colors, as well. (Yes, we see you, lime green.) And at just over a foot tall, it's small enough to tote around. **\$69,**

www.thecompanystore.com

► 3: CLASSIC COOL

Restoration Hardware's no-nonsense Allaire desk fan would look right at home in an office with a wet bar. **\$49-\$74,**

www.restorationhardware.com

► 4: BRONZE BEAUTY

A little bronze can go a long way: Target's Hunter table fan is surprisingly sophisticated and blends right into a room like an appliance pro. **\$50, www.target.com**

► 5: KEEP IT QUIET

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Apartments Available	Apartment Size	Household Size	Monthly Rent*	Total Annual Income Range** Minimum Maximum
6	Studio	1	\$799	\$27,393 - \$33,300
7	1 Bedroom	1	\$851	\$29,176 - \$33,300
		2		\$29,176 - \$38,040
10	2 Bedroom	2	\$1017	\$34,867 - \$38,040
		3		\$34,867 - \$42,780
		4		\$34,867 - \$47,520
5	3 Bedroom	4	\$1176	\$40,319 - \$47,520
		5		\$40,319 - \$51,360
		6		\$40,319 - \$55,140

*Includes gas for heat and cooking **Income guidelines subject to change

Qualified applicants will be required to meet income and family size guidelines and additional selection criteria to qualify. Applications may be **DOWNLOADED** from: **www.200east125.com** or requested by regular mail from: **200 East 125th Street Apartments c/o: Richman Property Services, Inc., PO Box 5574, New York, NY 10027**. Please include a **self-addressed envelope** with your request. **Completed applications must be returned by regular mail only (no priority, certified, registered, express or overnight mail will be accepted) to a post office box number that will be listed with the application, and must be postmarked by September 29, 2011.** Applications postmarked after **September 29, 2011** will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Duplicate applications will not be accepted. Preference will be given to New York City residents. Current and eligible residents of **Community Board 11** will receive preference for 50% of the units. Eligible households that include persons with visual and/or hearing impairments will receive preference for 2% of the units; and eligible City of New York Municipal Employees will receive a 5% preference.

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POPS OF COLOR, WORLDLY FINDS

Previously an editor at Lucky magazine, Gigi Guerra traveled the globe in search of cool shops. Now, in her current role as marketing director at Madewell, she gets to stay in one place. But her home with Eddie Volchko still reveals her wanderlust.

Names: Gigi Guerra and Eddie Volchko

Occupation: Marketing director of Madewell and CFO of Badgley Mischka, respectively

The space: An airy one-bedroom in lower Manhattan

When Guerra and Volchko moved in together earlier this summer, you could say it was a union made in shelter heaven. Their stuff — her painted

door by the famous graffiti artist Neck Face and the Banksy print Volchko scored early in the mega street artist's career, for example — blended seamlessly together.

"We both have a lot of affordable, repurposed, found objects. So it's either someone else's memories or our own," Guerra says of pieces like a workbench once used by Volchko's grandfather

that they turned into a coffee table. Her own memories surface in the hyper-colorful items from her travels: Bed throws from London's Brick Lane and Tunisia or an old department store sign from Montreal. "You don't have to spend a ton to decorate," she says.

KENYA HUNT

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The complete offering terms are in an offering plan available from sponsor. File #CD08-0648.

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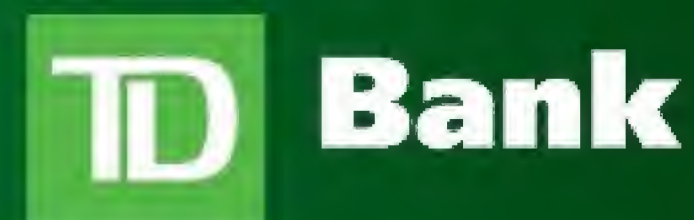
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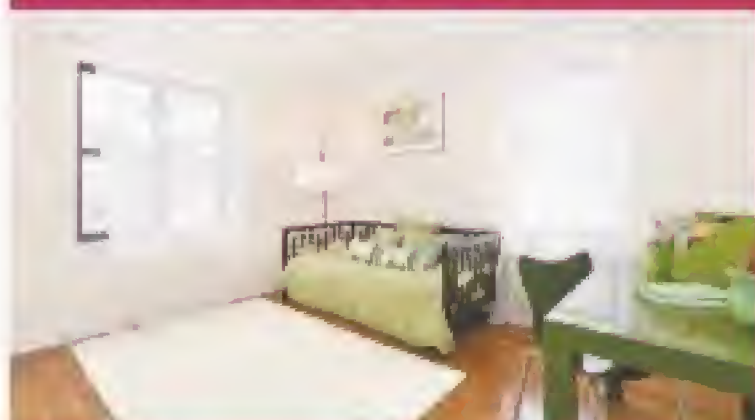


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*Contracts must be signed by September 16, 2011. Transfer taxes are 1% of sale price for New York City and 0.4% for New York State. The complete offering terms are in an offering plan available from the sponsor. File # C340489.

